**Remember: the body always follows the head! If your head is out of the correct position, your body must work extra hard to make up for it.**

**flutter kick –** basically a straight leg kick, the kick comes from the hips not the knees, don’t ride a bicycle, point toes, keep ankles relaxed, loose, and floppy

**flutter kick with kickboard**

**stomach –** two hands on the board with arms extended, board should lay flat on the surface of the water, keep your face out of the water

**side –** lay completely on your side, one arm on the board, lay your ear on your shoulder, top arm rests on your side, kick should not splash water around

**back –** hug your kickboard with your arms crossed, keep your head back, chin up in the air, and ears in the water

**3/3 drill –** also called **rhythmic breathing**, on stomach with face in water for 3 seconds, switch to you side with ear in water for 3 seconds (face in, ear in, face in, ear in)

**3/1 drill –** 3 seconds with the face in, but only 1 second on side with ear in (helps prepare you to swim freestyle)

**25 yards** **–** length of the pool

**freestyle –** fastest stroke, prone position (on stomach) and straight, flutter kick, arms enter in front of shoulder and pull back to the hip, not completely opposite of one another

**backstroke –** on your back flat, streamline, and horizontal, face out of water, arms move in opposition, straight arm out thumb first, roll shoulder, straight arm in little finger first, karate chop, arm wrestle water down to hip, use flutter kick

**whip kick –** drop feet down, turn feet out, whip them around and together, called breaststroke kick when performed on stomach

**elementary backstroke –** survival swimming stroke, on back, flat and horizontal, arms move simultaneously, slide up along ribs, out from arm pits, push down to hips

**breaststroke –** survival swimming stroke, prone position, arms stay in front of swimmers shoulders, pull arms around to chin then straight out in front, pull breathe kick glide

**survival swimming stroke –** strokes that can be performed for longer periods of time because energy is saved by keeping the arms under the water,

ex. elementary backstroke, breaststroke, sidestroke